



Student Activities

Title **Mastering Skills**

Theme **Motor Skills**

Introduction

To play sport, dance and be active you need certain physical skills.

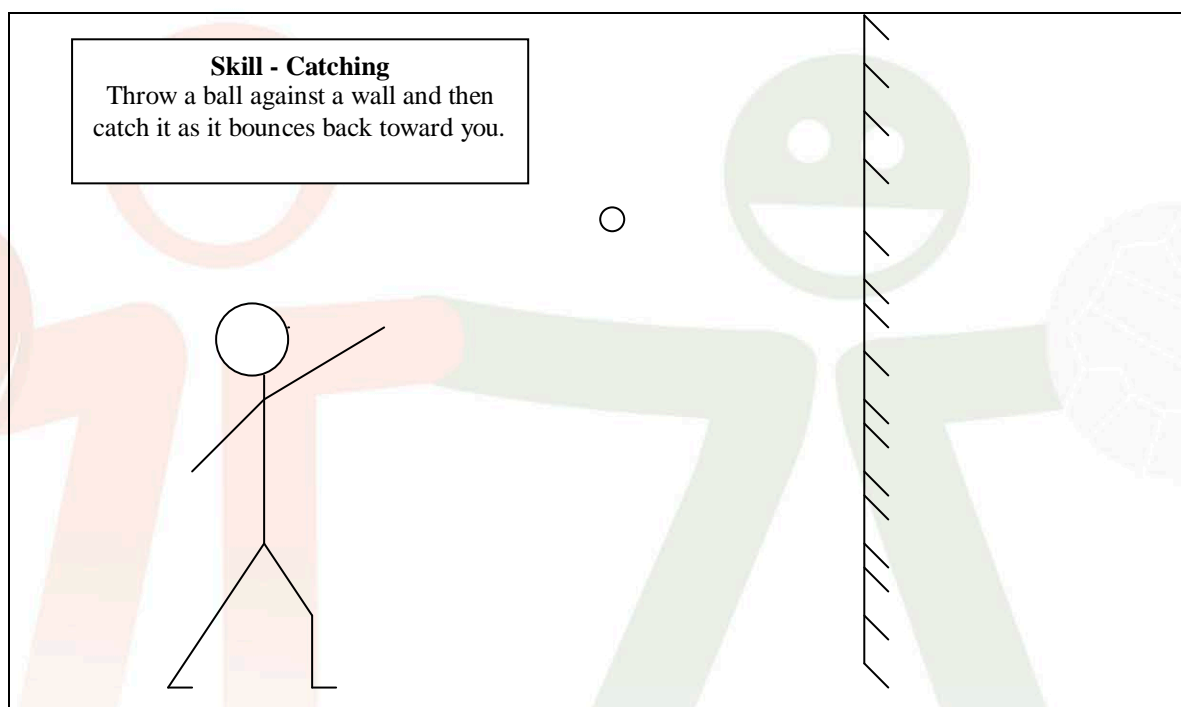
Learning Tasks

The skills needed for different sports may be similar or unique to a particular sport. You will be making connections between various skills and sports.

You will then participate in a tabloid sports carnival to develop and practice the skills.

A tabloid sports carnival is where groups move around a series of physical activities.

1. Plan a safe physical activity that will help improve the skill that you have been given. Create a card describing the activity, using both words and diagrams for your classmates to follow. See example below.



2. Gather equipment (if required) and set up the activity as a station for a tabloid sports carnival. Your teacher will show you where to go.
3. Warm up your body and brain by playing DVD Remote.
4. Prepare for the tabloid sports carnival by demonstrating each activity to the class.